

KEYNOTES & WORKSHOPS

Caroline Adams Miller, MAPP



[SPEAKING REEL](#)

AUTHENTIC GRIT: THE SCIENCE OF SUSTAINABLE HIGH PERFORMANCE

“Your insights were not only enlightening but also incredibly motivating. Your delivery captivated our sales team from start to finish ... we look forward to collaborating again.”

– Annie Yuzzi, VP, Corporate Event Marketing, Sumo Logic, Inc.

Most performance cultures are built on the wrong kind of grit – the kind that produces short-term wins and long-term burnout. Caroline Adams Miller, MAPP, shows leaders how to replace that model entirely. Drawing on the same research landscape as Grit pioneer Angela Duckworth, Caroline’s BRIDGE Method equips audiences to move beyond exhaustion toward a culture where happiness and resilience drive measurable results and lasting productivity.

Key Takeaways:

- Pressure into Performance: Master Authentic Grit as a tool for sustainable success – not the “stupid grit” that burns out your best people.
- The BRIDGE Framework: Implement a proven, actionable system (Brainstorming, Relationships, Investments, Decisions, Grit, Excellence) for measurable, world-class outcomes.
- Positive Energizers: Replace outdated motivational tactics with a culture that inspires teams to rise – and stay – at the top.

Angela Duckworth’s research put grit on the map. Caroline’s BRIDGE Method shows leaders what to actually do with it. Organizations hire Caroline because her frameworks don’t just explain the science – they install it as a repeatable system for measurable behavior change.